DICE (voluntary Valley Cities staff committee for Diversity, Inclusion, Culture and equity) would like to take a moment to acknowledge and honor the life of George Floyd and the many others who have died as a result of racism. DICE supports the Black Lives Matter movement, and we respect and value the black staff who work for this agency and the black clients who we serve. DICE stands in solidarity with the fight against systemic racism, and we firmly believe Black Lives Matter.

We also acknowledge that the recent news brings up historical and present trauma that has been perpetuated for too long, and we are committed to working with our agency to provide resources and training to better prepare us to support the Mental Health needs of our communities of color.

In Solidarity,

DICE Committee

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WE ARE HERE FOR YOU!

June is LGBTQ Pride Month.
Explore SKC LGBTQ Task force [Website]
Youth Group - spaces available [Rainbow Haven Groups]

THANK YOU for giveBIG

Your donations support our clients mental health recovery journey raised $2,048 with 20 unique donors.

COVID-19

STATE OF WASHINGTON - [UPDATE]
KING COUNTY - [UPDATE]
VALLEY CITIES - [UPDATE]
TABLEAU CORONA DATA HUB - [DASHBOARDS]

STANCE AGAINST RACISM

About our Valley Cities Mission:

Compassion. Connection. Community.

Members of our community are impacted by COVID-19 and now the systemic injustice against people of color. We have chosen to keep you updated about access to our mental health services as well and update you (our community) on the threat to justice everywhere. We stand united against police brutality and systemic injustice against people of color. Everyone deserves to feel safe. We are here for you.

About our clients;
Just a click away
We love referrals.

VOLUNTEER WITH VALLEY CITIES
Volunteer Virtual Openings

OUR TOP 6 UPDATES for JUNE
1. Lake City Clinic closed- Bitter Lake open for remote, and July in person locations suggest Meridian location for June.
2. WiSe Wraparound- new page
3. RPS phone added in location
4. RPK added in location page
5. Cohen added in location page
6. Donation page(s) updated for RPS/RPK

- 75% are between the ages of 18-74 years of age
- Of the 23,000+ clients 97.9% earn less than $50,000 annually
- 14% are black, another 14% represent 17 races and blended cultures
- 42% are white
- 30% unreported

About our staff:

Our employees represent those we serve, comprised of 584 team members, with 283 employees [48.5%] who self-identify as a person of color.

Business is no longer business as usual. Valley Cities is embracing:
- Active listening
- Supporting our DICE work
- Seek answers together
- Remaining client centered, when the need for mental Health is needed
- Investing in education as recommended by DICE.

“All of our humanity is dependent upon recognizing the humanity in others.”
~Desmond Tutu

Our appreciation grows daily for our resilient staff, our dedicated volunteers, and our board leadership. Thank you. We are grateful. We are community.

Message from
SHEKH ALI, CEO/CFO

I can understand everyone’s pain, outrage and frustration. Please know that Racism and Injustice has no place in Valley Cities.

"Racism continues to be at the root of so much pain and ugliness in our society. I am appalled – as is anyone who cares about diversity, fairness and justice – by the events of the last few weeks involving racial injustice in the U.S. The murders of Ahmaud Arbery and George Floyd, and the incident in Central Park, show how much work we have to do to build a stronger, more equal, and safer society."

Shekh Ali, CEO/CFO
Anger, frustration, fear and protest as we collectively mourn.

"I can’t breathe. I can’t breathe. I can’t breathe. I can’t breathe. I can’t breathe."

Those words were George Floyd’s last. In a video recorded by a bystander, he can be heard saying them, pleading for his life, 10 times. Perhaps more. While a police officer kneeled on his neck for 8 minutes and 46 seconds. While three other officers stood by and watched."


Like many of you, I have watched that video of his death with a combination of horror, disgust and anger. And over subsequent nights, I have watched that anger spill out onto the streets of Minneapolis and many other American cities including our own with devastating consequences."

I have debated whether I should speak out. But I realized I had to. In fact, we all need to.


Many of us are struggling with these events not forgetting that we are in the middle of a pandemic. We are living through some unprecedented and, frankly, scary times.

A special note: for our employees suffering from the pain from these tragedies, I want you to know that our leadership stands with you, and we are listening.

- We will do everything we can to support you and give you the space to express your feelings and concerns.
- We must listen to each other, show compassion, and empathy as clearly known in our mission and values of our organization.
- Everyone of us needs to be part of the solution, and we must work together to ensure justice for all.
- We must continue to respond and lead with racial equity and social justice.

"White people often stay quiet on racism because we feel it’s not our place to speak up. It’s called psychological standing--- the sense that it’s legitimate for us to act. For anyone questioning that standing, it’s worth remembering that just as sexism is not only a “women’s issue,” racism is not only a “black issue.” Now is not the time for silence. We all have a responsibility to raise our voices against injustice."

*Editorial note; Mr. Shekh Ali has requested the newsletter in his column to include quotes and properly citing the 3rd party writing, used in his column. We apologize for this omission.
Resource Room Closures:

Our 6 community resource rooms have been closed since the Governor’s stay at home order on March 23rd. Valley Cities has not been immune to the destruction of the COVID-19 pandemic. We have come to the difficult decision to close all Valley Cities Resource Rooms at this time.

We will be working on identifying ways to reconfigure and repurpose the Resource Rooms, with the hope to reopen in the future when it is safe to do so. We want to acknowledge the 23 individual volunteers for their commitment. We will miss you.

Thank you to our front line workers, and all those that support their success.

A Client’s Success

“When my life was at a point where I didn’t care if I lived or died, the men and women of the MATCH Program tirelessly and without judgement helped me regain my self worth. They did not tell me which path to take to recovery, they empowered me and allowed me to forge my own.”

-Above is from our 1st ever MATCH client, and the client is still abstinent (recently celebrated 1 year of sobriety).

An Invitation extended by our DICE Committee:

Join us at Doctors for Justice
Join Healthcare & Public Health Workers in protest to demand Justice to end police violence!

When: Saturday, June 6th, 2020 @9 a.m.
Where: Marching from Harborview Medical Center to Seattle City Hall
Download Flier here
Note: Please wear a mask. We will practice
Please wear your white coat or healthcare worker attire (if applicable).

RESOURCES

- A Detailed List of Anti-Racism Resources - extensive list of books, movies, articles and more.
- 2020 Ain't Cancelled Series - join a well-facilitated conversation using zoom, by women of color from Portland.
- How to be an Antiracist
- Free book on Racism
- Big Book of Togetherness

JOIN US & THANK OUR DONORS!

Gifts:

- Benevity
- 2020 giveBIG! Campaign May 5 - 15th; John South, Delena Meyer, Elizabeth Neumann, David Hicks, Keith Seinfeld, Carolyn Allender, Catherine Peterson, Alda Vavra, Suzanne Smith, Bonnie Hilory, Lisa Costantino. We received 9 anonymous gifts.
- Jerry Ha
- Amazon Smile Fdn; United Way; Kroger

In-Kind:

- Boomer Natural - Partner with PPE Mask donations for 4 months!
- Green River College: Manufacturing & Technology Department & Students (donated 600 face shield frame kits & 440 Surgical Mask straps)
- Janelle Gauthier & Family, LMHC, 50 masks
- Friends of the Cohen Clinic, LMHC, 50 masks
- Serena Forward-Rodriguez, VC Employee, 40+ masks
- Bonnie Hilory & Kevin Talbot-Amazon Wish List & household items
- Serena Boye- Amazon Wish List
- Pete & Kerry Wallingford-Microwave
- BHRD; Covid Test kits

Grants:

- Greater Tacoma Community Fdn
- Healthier Here
Valley Cities will receive 5% of all your purchases, when you purchase thru smile.amazon.com. Below are our **smile.amazon lists** for in-kind purchases for your consideration.

From Recovery Place Seattle (Inpatient Treatment Facility), Mike our Director shared “our clients really need “socks”. Please consider **ADDING SOCKS** to your smile.amazon order.

REMOTE ACCESS is the new normal. We have desktops that need cameras with mics and Laptops for our team members.

PPE is needed for all locations.

Click here for lists of **PPE products needed**

ARCHIVE: To read our May newsletter, please click [here](#).

*Images are courtesy of [Unsplash](https://unsplash.com) and their photographers*

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**Donate to Valley Cities**

**We are here for YOU!**

For those who prefer physical distancing, remote services are available!

**VALLEY CITIES BEHAVIORAL HEALTH CARE | [valleycities.org]**

Editor: Bonnie Hilory; **Director of Philanthropy**